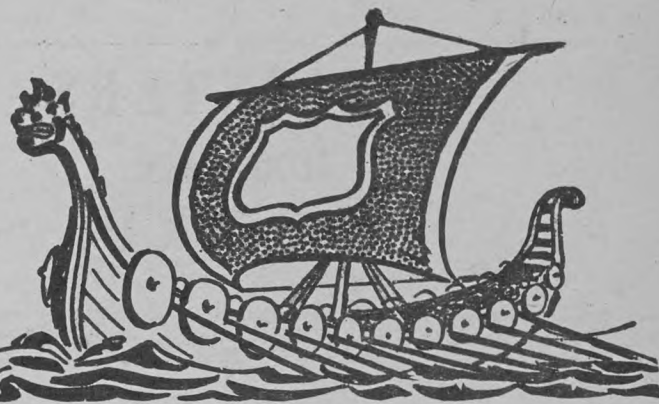




Scandinavian Centre News



PUBLISHED BY THE SCANDINAVIAN CENTRE CO-OPERATIVE ASSOCIATION

VOL. 8 NO. 9

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TEN PAGES

SEPTEMBER 1968

Lynne Gemeroy Wins Swedish Scholarship



The lovely young lady accepting the queen trophy is Kathy Petala our Scandinavian Centre Queen. The presentation was made at the Klondike Dance at the Centre, July 27, by President Paul Karvonen.

When the young peoples' "Club Americana" was organized in Enköping Sweden a little over a year ago, the club set as its first project to work for a scholarship in Sweden. The goal was to be able to invite a boy or girl from a Vasa family in the 18-year bracket to come to their school in Enköping to study and be part of a Swedish family, free of charge, for one school year.

The club members have worked hard and have solicited and received the help of the city council, the school board, the newspaper and, of course, from the neighborhood Vasa lodges.

The principal of St. Ilian's school is very enthusiastic about the project. He says that the student will attend the final grade in that school which would be equivalent to the first year in a Junior College here. The American student will attend classes the same as other Swedish boys and girls, however, the scholarship student will have greater freedom in choosing subjects than the regular students.

The student is expected to provide his or her transportation to Sweden, clothing and spending money. Everything else is free — room and board, tuition, books, passes to school events and any other normal expense connected with school work.

The above excerpt from the May "Vasastjärnan" explains just what eighteen year old Margo Lynne Gemeroy has won. Lynne, the daughter of Mrs. Doris Gemeroy, Edmonton, will begin classes on August 21, 1968 at St. Ilians School in Enköping, Sweden. Throughout grade school Lynne has been an

honor student and in Grade 12 she graduated from Strathcona Composite with an honors standing in the province of Alberta (top 20%). She has also completed her first year at the University of Alberta — Drama English Major. She has taken responsible participation in school activities and is also a member of Pi Beta Phi Women's Fraternity. During her school years in British Columbia she took active part in the Luther League, studied speech and was a finalist in the North American Teen Pageant in Vancouver. Her extra activities in Alberta include — President of Luther League, member of a folk singing group, silk screening, printing, election work, acting and movement classes, director of a play for a Coffee House, and the role of Gladys, in "Skin of our Teeth" by Thornton Wilder at the Citadel Professional Theatre. While in Sweden, Lynne will live with a family, who are located on a large farm about six miles from Enköping. They have three boys at home so this will help her learn the Swedish language more quickly.

We are immensely proud that one of our members should be chosen as recipient of the scholarship. We are sure Lynne will be a great ambassador for us, and we all wish her the best of luck.

At a coffee party held at Vasa Park July 27, Lynne was entrusted with an Indian plaque to present to Club Americana on behalf of Lodge Skandia in appreciation for a member of our lodge having been so honored.

The lodge has also given Lynne \$100.00 for spending money.

"FUGLESKYDNING" POPULAR

The sunny afternoon of August 18th drew a good crowd to the Dania picnic at Little Acres for their "Fugleskydning".

In all competitions the prizes were trophies for first prize and second prizes were two free tickets to the dance, September 20th.

The winners were:

"FUGLESKYDNING":

1st — Gert Jensen.

2nd — Willy Petersen, Camrose

TARGET SKYDNING:

1st — Steen Hansen

2nd — Jonna Larsen

BOW & ARROW:

1st — Steen Hansen

2nd — Orla Aaquist

MR. AND MRS. O. HILLMAN CELEBRATE 50TH WEDDING ANNIVERSARY

The fiftieth wedding anniversary of Mr. and Mrs. Oscar Hillman of Whiterock, B.C. was celebrated on July 20th at the Scandinavian Centre, Dania room.

The guests included their three daughters, Mr. and Mrs. W. Phachuck of Montreal, Mr. and Mrs. B. Star of Kamloops, B.C., Mr. and Mrs. A. Kauppila of Edmonton and their son Mr. and Mrs. Leo Hillman of Flin Flon, Man., sixteen grandchildren and one great granddaughter. Other relatives present were Mrs. Siiri Reed, San Mateo, Calif., Mrs. Aida Tuokko, Sudbury, Ont., Mrs. Bertha Toikka, Sudbury, Ont., and Mr. and Mrs. Bill Chatier, Hanner, Ont.

Guests were from Edmonton, Calgary, Rocky Mountain House and Whiterock, B.C.

Thanks to the Finnish Society for the loan of the record player and records.

ADULTS TRAIN FOR SEAMEN

Norway's adult training program for the merchant fleet is beginning to show results. It was started four years ago by the Labor Directorate as a means of retraining structurally unemployed adults for well-paying jobs on ships. Until now, a total of some 1,200 former farmers and

factory workers have completed the training. Investigations show that about 95% of those who participated in the 11-week courses were signed on for ship jobs.

The Labor Directorate has acquired two ships for the adult training program. M/S "Sjokurs" and

M/S "Skule" are stationed, respectively, at Grimstad, in southern Norway, and Trondheim, in central Norway. There are four courses, for deck, engine, galley, and mess work. The two latter lines are open for both men and women, while the deck and engine lines so far have been limited to men. The age of

participants ranges from 20 to 50 years. The average is currently about 31 years.

At first, seamen were somewhat skeptical about the value of the courses. But, as graduates showed their stuff, the skepticism disappeared.

SPLINTERS from the BOARD

The mail strike is over and the news can once more be spread. The pictures for the feature story — Vikings of Amisk, were in Customs during the strike but fortunately they were obtained for the paper. We are publishing them again, this time complete with captions which we couldn't squeeze into the last edition.

The Klondike Dance, June 27, was an unqualified success. It was organized by Director Clarence Lindquist with Harvey Haugen as Master of Ceremonies. Prizes were given for old time waltzes, spot dances, etc. Our queen, Kathy Petrala was introduced and presented with her trophy by President Paul Karvonen. Lunch consisted of Klondike pancakes and coffee. The Viking Room was appropriately decorated and the majority of people were in Klondike attire.

The 1969 Flights are arranged and the three flights will carry more passengers than previously due to larger and better planes.

Don't forget to listen to Sig Sorenson every Saturday morning on "The Scandinavian Show," CFCW, 790 on your dial. The program is on for 90 minutes and Sig reports news about the Centre at 11:25 A.M. Certainly keeps you up to date on Centre "happenings" and coming events.

ARE YOU LOOKING FOR A PART-TIME POSITION?

From 9:00 a.m. to 1:00 p.m.

at THE SCANDINAVIAN CENTRE

- 1 To Assist the Manager With Bookings & Management of Centre
- 2 To Keep All The Financial Records of the Centre
- 3 To Do All Correspondence and Secretary Service of the Centre

SALARY TO BE NEGOTIATED

Contact Paul Karvonen, 12204 Dovercourt Crescent, Phone 455-5570

NEWS FROM NORDSTJARNAN

Mr. and Mrs. Lenard Mattson of Gestrikland, Sweden were recent visitors at the home of Mr. and Mrs. John Holmlund. John and Annie together with Annie's brothers took Mr. and Mrs. Mattson on a trip to Jasper, Banff and Radium Hot Springs and Cranbrook. They also visited Doris in Medicine Hat. On their return home, Mr. and Mrs. Holmlund, held a family gathering. Those present were Mr. and Mrs. Norman Bower, Mr. and Mrs. Clyde Krause from Hilda, Mrs. Janet Pomeranz of Edmonton, The Roy Duffs, Camrose, Mr. and Mrs. Lenard Matteson, also Mr. and Mrs. Eric Berglin and John Berglin. Mrs. Matteson is a cousin to Annie.

Mrs. Ekroth from Uppsala who accompanied the Mattsons from Sweden was also renewing acquaintances in the Wetaskiwin and Edmonton areas.

Many thanks to Buford for the invitation to the Weiner roast, dance and social held at Willow Creek on July 12. The members attending from Falun reported a very enjoyable time.

The By-Laws of Nordstjärnan, No. 575 have been revised and translated into English. The booklets are now available and members are urged to pick up their copies from the committee.

The picnic held Aug. 4th at Rapid Creek Hall grounds was a decided success. The rain stayed away for a change so we were able to enjoy a pot luck dinner together with the Buford members.

Ball games and races were enjoyed by all. The women really showed the men how to pound nails, and while this was going on the horse-shoe tournament was in full swing.

Coffee and hot dogs were served before we all went home.

Thanks to the committee for arranging and organizing this picnic.

Mr. and Mrs. George Sjogrin and family have moved out to their cottage at Ma-Me-O Beach for the summer months.

Mr. and Mrs. Bill Flinkman together with friends motored to Banff and Radium Hot Springs and points south for an enjoyable holiday.

Mr. and Mrs. Cliff Robins and family together with Mr. and Mrs. Harry Holmlund were on a trip to Radium Hot Springs.

A few days in Saskatchewan were spent by Mr. and Mrs. Dan Edin and family. Mr. Edin and girls, accompanied Mrs. Ken Doolittle and daughter-in-law to Vancouver.

A number of friends and relatives gathered at the home of Mrs. Amy Olson to help celebrate her 83rd birthday. Belated birthday wishes from all the Lodge members, Mrs. Olson.

Mrs. Ed. Palechek has spent some time in the Wetaskiwin hospital, but is home now and looking much better. We hope you have a speedy recovery, Evelyn.

VASA LODGE SKANDIA



The regular monthly meeting of Vasa Lodge Skandia was held Saturday, August 4, in the Club House at Vasa Park. Vice-chairman Lenart Petersson called the meeting to order at 7:30 p.m.

Members reported as sick were Peter Johnson, Larry Comin, Grace Maxwell, and Joyces Hawkes.

The Sports Committee have purchased a tether ball, broom ball and several table games for the use of the children at the lake. Thanks to Bert Watson, the tether ball has been installed in the area behind the red club house.

Two lights have been installed by Calgary Power on First Street, and they are so appreciated that two more will be installed next year, one at the south end of First Street, and one around the centre of Second Street.

The Scandinavian Centre Picnic was a success with approximately 500 people attending. Betty Pearson wishes to thank everyone who helped in the concession booth. Rude Sund, on behalf of the committee, also thanks everyone who helped.

Children 16 years of age and under will not be allowed in the Club House unless they are under the supervision of an adult. The red Club House has been set aside for their use, and a key to it and the toilets will be available to them.

The District Convention, to be hosted by Edmonton in 1969, has been turned over to a committee consisting of Linnea Lodge, Eric Engvall, Eric Pierre, Erling Winquist, and Helge Erickson.

Ernie Hokanson has generously offered to donate a deep well pump and fittings so that running water will be available in the Club House. The Land Committee is looking into the situation.

The Lodge decided to donate one hundred dollars to Lynne Gomeroy for pocket money during her stay in Sweden. Thanks was extended to Linnea Lodge for organizing the coffee party held in Lynne's honor.

The name tags have been remounted by Astrid Winquist. Thanks so much.

Coffee and lunch were served by Ester Erickson, Ruth Dunlop, and Joan Knutson. It was delicious! My apologies to May Kurts, Anna Sund, Elsie Comin, and Fae Johnson who provided us with a lovely lunch after the July meeting, and I forgot to record it.

The ham supper held prior to the meeting was absolutely scrumptious. Eric cooked the hams to a turn, and the trimmings provided by the Markstroms and Engvalls simply enhanced the ham. A good crowd was on hand for the dance which followed the meeting. It was, all in all, a very successful evening. Thanks to our hosts, Eric and Margaret Engvall and Harold and Minnie Markstrom.

Despite the damp weather, a display of fireworks was put on by Rude Sund following the meeting. I believe the adults enjoyed it every bit as much as the children.

The next meeting will be held Saturday, September 7, at 7:30 p.m. in the Club House at Vasa Park. A Pot Luck Supper will be held before the meeting, at 5:00 p.m., and a Whist Drive under the supervision of Betty Pearson will follow the meeting. Admission for the cards will be twenty-five cents, which will be used for prizes. This date will also see us holding our first Birthday Party for all members whose birthdays fell in July, August, or September. Should be an interesting and entertaining evening, so do join us.

The Womens Auxiliary will hold their first meeting of the coming season on Tuesday, September 17, at 1:30 p.m. in the home of Mrs. Ragnhild Johnson, 11508 - 124 St. All ladies will be welcome.

CHILDREN'S DAY

A parade of children waving flags and banners, to the music of Bert Watson, started the children's day, August 11, off to a good start. The children marched, singing, from the tennis court down Second Street and up First Street.

A water regatta was the next event of the day. Three teams of children splashed and dunked their way through various games to the great amusement of the onlookers.

After a brief drying off period, the children were entertained by Winnie Pearson's granddaughter, Maralee Klatt. Maralee is a ventriloquist and her dummy Susy Q soon had all the children in stitches. Susy Q also led a sing song.

After so much fun, hot dogs, dixie cups, chocolate bars and cool aid were in order. The adults were also treated to free hot dogs and coffee.

A ball game between the "Good Guys" and the "Bad Guys" rounded out the day.

The committee in charge was disappointed that so few non cabin owners turned out for the day, but would like to express their thanks to all who did come. A special thanks to Carol McRae, Carol Brandel, Maralee Klatt, and the rest of the committee for a job well done.

VASA GLIMPSES

Bowling will be starting around mid-September on Monday evenings at 7:00 p.m. in the Coral Bowling Lanes. Anyone interested in joining the bowlers can contact Mat Eliasson at 455-9457.

Anna Sund and Alma Samuelson left Edmonton, August 19 to spend two weeks with their brother, Axel Dahlgren, in Victoria, B.C.

Eric and Hansine Pierre attended a wedding late in July at Elfros, Saskatchewan.

Several Birthday Parties have been held at the lake this past month. July 16 saw Emil Johnson celebrating his 81 birthday. The highlight of the day was a coffee

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party at Alma Samuelson's, with everyone who was out at the lake coming along to help Emil celebrate. Entertainment was provided by the "Rhubarb Quartet" and everyone joined in on a sing-song and some of Don Johnsons "water".

Carl Samuelson celebrated his 82 birthday on the 12 of August. A coffee party was held in his honor.

Alma Samuelson celebrated her birthday on July 24, and while she won't let me publicize her age, she admits she is glad the post men are back to work so she can receive her first pension cheque.

Don and Evelyn Johnson have been holidaying in Winnipeg.

Wayne and Audrey Modin with their son Barry spent a week camping at Waskaseau Lake.

Harold and Lulu Lundgren have moved to Saskatoon. They spent some time at Vasa Park recently.

Doris Gomeroy and Ruth Gillies have been holidaying in Vancouver at the home of their mother, Mrs. Signe Jonson.

The flags were flying at half mast on Sunday, August 11 at Vasa Park in memorium to Debbie Ohlsson who died August 9. Our sincere condolences to her parents Nils and Vivianne Ohlsson.

WEDDING BELLS

Trapler - Searl

The double-ring ceremony which united in marriage Anita Searl and Wilf Trapler, took place on Saturday, August 3rd, at Peace Lutheran church. Pastor A. Severson, cousin of the bride officiated. The lovely bride wore a full length gown of white peau-de-soie with chapel length train, the skirt flowing in simple lines from a fitted bodice, lily point sleeves and illusion veil. Her dress was trimmed with bead roses, hand embroidered at neckline on bodice and front of skirt. She carried a bouquet of deep red roses with a cascade of rose buds. Her only jewelery, a strand of pearls was a gift from the groom. The two bridesmaids wore matching dresses of jade green peau-de-elegance with matching floral head pieces and carried bouquets of white, green and mauve mums. The two flower girls, Randi Tychsen and Susan Trapler, carried the bridal train and wore matching dresses of rose satin and carried white baskets of baby mums. Cousin of the bride, Marvin Severson, carried the ring cushion. Music for the wedding procession was played on the organ by Carol Geistlinger. The church altar was decorated with candelabra and floral arrangements of mums and gladiolas.

A reception was held at the Scandinavian Centre where a smor-



gasbord of Norwegian, German and Canadian dishes were served. Chef de cuisine, Mr. F. Kirshhoff, offered his time and superb cooking talents as a wedding gift to the couple. Pink and white streamers with white bells, sprays of lilies, roses and fern decorated the room. A white lace cloth with a memorial candle decorated the receiving table. A beautiful 3 tiered wedding cake centred the head table. Mr. N. Navarseth acted as Master of ceremonies and proposed the toast to the bride and groom. Following the supper the bride and groom passed pieces of wedding cake wrapped and tied with pink ribbon to each of the guests. Dance music was supplied by the Silver Serenaders.



SOLGLYT SPOTLIGHT

COMING EVENTS

SEPT. 7 - Lodge meeting at 8 p.m. Followed by a harvest dance, which is open to the public, at 9 p.m.

SEPT. 8 - Folk dance practice in the Scandinavian Centre at 2 p.m. Anyone interested may come.

SEPT. 9 - First meeting of the drill team after the summer holidays. This will be a good time for new members to join the drill team.

SEPT. 10 - Bowling starts at the Windsor Bowl at 9 p.m. Anyone wishing to bowl on a regular team or as a spare, please contact Ruth Logan, Ph. 434-5343, before Sept. 6.

OCT. 2 - Free social evening with entertainment and lunch for members of the Sons of Norway only. The guest of honour will be the ambassador of Norway, Mr. Torfinn Oftedal, accompanied by Mrs. Oftedal.

A huge crowd attended our Klon-

dike dance on July 20 and everyone had a wonderful time. Our thanks go out to our host and hostess, Harv and Betty Haugen, and their assistants, Merle and Betty Travis.

Mrs. Hanna Tveit from Kristiansand, Norway, accompanied by her grandson, Erik Geelmyden, visited relatives here: her sister, Mrs. Sorenson, her nephew, Sig. Sorenson, and her niece, Mrs. Jack Cook and their families. They enjoyed Edmonton's Klondike Days and were taken to see the Calgary Stampede, Banff, Jasper, the Okanagan, and the old Sorenson farm at Compeer, Alta., as well as many points of interest in the city. They thought it was just fantastic. They were here from July 3rd until Aug. 14th.

Peter Hansen's father, Johannes Hansen, from Denmark was here from July 4th until Aug. 14th. His brother, Halger, came from Kitimat to visit with them. Halger took his father to Waterton, Banff and Jasper.

Amdams had relatives from Regina visiting them for a week, while Hafsos had relatives and friends visiting from North Hollywood.

Mrs. May Sykes from Vancouver has been visiting her sisters, Mrs. Betty Travis and Mrs. Eva Berg, and other relatives here.

Russell and Ella Coburn and family had a short holiday at Waterton.

Gladys, Warren and Susan Clark motored to Regina and Lang, Sask.,

to visit Gladys' parents and her brother and his wife.

Stan Hafso and family spent their holidays in the Okanagan, in Saskatchewan and vicinity.

Some of Peter Hansen's friends helped him celebrate his 50th birthday at the Chateau Lacombe on Aug. 9th.

Allan and Eva Berg are the proud parents of twin girls born Aug. 2nd.

Schang Halberg attended the funeral at Superior, Wisconsin on July 24th for his brother, Sam Halberg, who lived to the ripe old age of 87 years.

We are pleased to hear that Mrs. Faltinson is progressing favourably after her fall.

Members and former members, Ed and Lillian Ness from Calgary, and Chris and Marie Dreyer from Valleyview, visited Edmonton during Klondike Days.

Bernard, Kay and John Olafson are holidaying at Banff and Jasper.

Cliff and Edith Johnson visited relatives at Cranbrook and Creston, took a quick jaunt down to Spokane and Coeur d'Alene, and visited relatives at Saskatoon. They also had relatives from Saskatoon visiting them.

Our sympathy is extended to Orla Tychsen and family. Her father passed away at Swift Current, Sask. on Aug. 4th.

BUFORD NEWS

The weatherman cooperated and gave us a perfect day for our Scandinavian Day Picnic at Vasa Park on July 14. Thanks to the committees who made it such a success. We congratulate all the winners in the various events and especially Stanley Zarowney and Henry Halwa, visitors from our Lodge, who captured the Horseshoe Trophies.

San Francisco, California visitors at the home of Mr. and Mrs. Julius Bergstrom and Mr. Eric Kvarnberg were Mr. Evereth Bergstrom and his daughter Karen.

Mr. Eric Beck and Mr. Sigvard Olson of Sweden had several "Dos" given in their honor. A social evening was held for them at the home of Marie and Eddie Wurbun and Mr. and Mrs. Clair Pearson entertained at a barbecue supper for the honored guests.

Elaine Pearson spent a week at Edgerton with her aunt Shirley (the Larry Krause family).

The George Modins, Gust Modins, Berthe Pearsons, Andrew Beck, Raymond Ericksons, Clair Pearsons and Ray and Ellen Pearson all took in the Bruce Stampede on July 29th.

Visitors at the Frank Ericksons and Eugene Wronkos were Gerda Erickson's sister, Mrs. Ebba Friend of Lillooet, and Ebba's daughters, Mrs. Don Kerfoot of Mika Creek and Mrs. Sydney Smith of Whonock, B.C.

Mr. and Mrs. Fred Hamilton had guests from Glen Cove, Washington, cousins of Fred's Mr. and Mrs. Clint Buckell and Mr. and Mrs. Elmer Olson.

Carol and Chris Vaage had visitors from Denver, Colorado, Chris' brother and his wife, Mr. and Mrs. Robert Vaage.

Goody and Vernon Pearson spent their holidays in the Western States and the sunny Okanagan. At Kelowna they brought greetings to Buford Lodge members, Signe and Frank Carlson.

Algot and Hildur Pearson spent a few days at Fort Saskatchewan visiting the Jim Davies family (their daughter Olive).

Tillie and Charlie Erickson had an enjoyable evening visiting Scandinavia members Paula and Clifford Lindberg.

Albin and Wanda Markstedt enjoyed a Girl's Ball Tournament at Vermilion one Sunday.

Gunhild and Bob Ladouceur are the proud owners of a camper trailer and spent a holiday in the Western United States.

Audrey and Bob Pederson and girls had a holiday at Fairmount Hot Springs in B.C.

Glen Pearson is employed at Bannister's Feed Lot near Calmar for the summer months.

Helga and Alf Hoyem were happy to have Helga's mother, Mrs. Clara Forsberg of Kelowna visit them.

Clair and Avis Pearson got a most pleasant surprise when their friends Mr. and Mrs. R. Sebastian of Victoria dropped in for a visit.

Betty and Harry Hanson had a "Hanson Family" get together one Sunday at their home. It was a special occasion as Harry's mother, Mrs. Dorothy Ruttan of Ottawa, Ont., was up for a visit.

Denver, Colorado visitors at the homes of Annie Evanson, Lillian Kromm, Bill and Edna Pederson, Audrey and Bob Pederson and Alice and Clare Evanson were Annie's, Edna's and Lillian's cousin, Mrs. Ida Hendrickson, her husband, Howard, and daughter June.

Ruth and Arnold Eklund motored to Nordegg and attended the colorful ceremonies of the opening of the David-Thompson highway and came home via Banff and Calgary where they visited the Leslie Lindberg family.

The Modin and Pearson families, Andrew Beck and Raymond Ericksons motored to Bruce on Sunday, July 21 to attend the annual Modin reunion which this year was held at the home of Arthur Erickson.

The Nordstjarnan Lodge of Falun has done it again - treated us so royally. Our Lodge gives a special thanks to them all for the wonderful time they gave our members on Sunday, Aug. 4th, when they entertained at a picnic at Rapid Creek. It was a perfect day weatherwise. The pot luck dinner at 1 p.m. turned out to be a real feast. This was followed by different sports events for children and grown-ups; ball-games, races and a horse shoe tournament. We were treated to ice cream and wound up with a wiener roast before we wended our way home, tired, but with many happy memories of a perfect day.

Ellen Pearson and family and Hilda and Gust Modin and their family were pleased to see Mr. and Mrs. Wally Carlson of Caycuse Beach on Victoria Island pay them a surprise visit.

STEPS TOWARD

ECONOMIC UNION

By HENRY HENRIKSEN

OSLO (Reuters) - The governments of Norway, Sweden, Denmark and Finland are working on proposals for a Nordic economic union.

Such a union would mean the biggest single step yet toward unifying the peoples of Northern Europe.

If adopted, the proposals - expected to be completed by January - would give these countries a customs union, a common agricultural and fishery market, a Nordic investment fund, joint projects in science and research and joint business laws.

The Nordic countries already co-operate closely in many fields - though not in matters of defence and national security. But efforts over the years to increase economic co-operation have repeatedly failed despite successful working together in international trade organizations.

At a summit meeting in Copenhagen in April, the Nordic premiers, foreign and trade ministers decided to establish a number of commissions to study and make recommendations about specific fields concerning the union.

The commissions have already met and early next year the Nordic premiers will discuss and make a decision on the basis of their proposals.

NORWAY HOLDS KEY

Norway is generally thought to hold the key to the establishment of the union.

Views expressed at the Copenhagen meeting were that Norway could not consume Denmark's farm products or Sweden's industrial goods. At the same time, the Danes and the Swedes could not help Norway by buying fish or using the Norwegian merchant fleet.

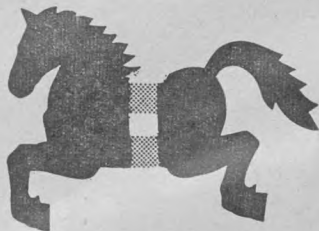
Norwegian political sources assess the present situation as follows:

Denmark with its big agricultural production is in a difficult position because of reduced outlets to its traditional markets in the European Common Market made up of France, West Germany, Italy, Belgium, The Netherlands and Luxembourg. As an interim solution, Denmark hopes to be the "food store" of the union.

Danish fishermen - in most cases offering lower prices than their Norwegian counterparts - are not likely to accept a Nordic fishery policy including joint prices for fish and fish products.

Sweden's motivations for entry into the union are political as well as economic. Sweden fears isolation from Europe and the West and hopes a Nordic union would bind the countries to a common European policy, enabling Sweden to avoid a drift into isolation.

Finland favors the union but some 20,000 Finnish farmers may have to leave their farms because of competition from the Danes. Finland would benefit, however, from a Nordic investment fund and free capital movement to ensure industrial expansion.



The Horse symbol of Scandinavian Design Cavalcade.

THE VIKINGS OF AMISK

THE SOLBAK BROTHERS

By ESTER MELLESTRAND

(2nd Installment)

It has been said that a man who doesn't look to the future, doesn't have one! When Simon Solbak left his native Norway in 1905, he was indeed "looking to the future". However, it meant he must persuade his childhood sweetheart Kristofa Hansen to wait for him, and wait she did! Six years later she arrived in Amisk.

men's main fare was rabbit broth for supper, then rabbit stew for dinner the following day. George Wallsten, who was elected as cook, also arranged their efficient traveling schedule. Some members of the contingent complained about "stomach aches", but Simon still vouches that nothing tasted better than George's "Rabbit Stew!"



After a short stay in Kinion, Minnesota, Simon and his brother Peter were among the 14 pioneers filing for homesteads in the Amisk district on March 10, of 1906. The four men elected to head this large group were: John Lindgren, Axel Johnson, George Wallsten and Simon. The whole contingent made their long journey from Daysland by democrat and wagon; resting only when the horses rested. Fortunately, rabbits were plentiful along the lonely prairie trail, so the

On the same section as John Lindgren (22), the Solbak brothers made a dug-out in the side of a hill with a window and door on the sunny side, and the roof covered with poles and hay. This make-do home was very warm, for here the men survived the cruel, hard winter of 1906-07. So much snow covered the tiny dug-out that travellers would drive over it, totally unaware that the black hole in the snow bank was a chimney!



First English speaking Confirmation class: Back row: Ruth Nyberg, Iona Henderson, Charles Pearson, Bob Pearson, Kristine Stromquist, Signe Wallsten, Freda Rehn and Miss Edna Johnson, (teacher)

Front row: Paulina Wallsten, Lorraine Henderson, Amanda Wallsten, Ruth Nyberg, Wilfred Strandberg, Ruth Wallsten, Lillie Wallsten, August Wallsten.

No one really loved an ox, but they were standard equipment for the settlers. Two of these animals could be purchased for the price of one horse. Their speed was approximately two miles per hour, but the slow, solid, comfortable pace of the oxen paid off handsomely for the Solbak brothers. Five hundred acres of prairie sod were broken by four sturdy animals, each weighing 2,600 pounds. They also found that the biggest advantage in oxen, was their ability to live off the land. Neither did they depreciate in value with age. They never became too old to furnish boiling beef, although it was tough, it had flavor and nutrition in abundance. Bought at \$50.00 when young, there would still be \$50.00 worth of red meat eight years later. Their last pair, Thor and King were sold in 1914.

In 1907, Simon found employment in helping to build the railroad bridge across the Battle River. The cement pillars were constructed below the river bottom, and a huge steam boiler was kept in operation constantly to operate the pump that removed the water seepage. All other work was hand labor. Tamping was done by the men tramping a march in the damp cement.

All men wore heavy rubber boots, but a skin rash would develop from the spatters of the lime and there were many blistered, raw feet after a day of this work. Wages for this was \$2.00 per day and a "day" was from sun-up to sun-down, however, it did provide many settlers with the finances to purchase a team of horses, whose speed rate was a little higher than that of the oxen.

In 1909, a sister Amanda (Mrs. Arne Bakland) came to keep house for her brothers. It took \$60.00 for a one way fare from the extreme tip of Northern Norway to America. Besides keeping her brothers happy and healthy, she was the district nurse that tended the sick in the communities surrounding Amisk. She was married in 1910.

Simon, by this time, had been assured of Kristofa's faithful waiting and they were married in Provost in 1911. Mrs. Solbak recalls that her first impression of Alberta's rainy harvest weather was most unfavorable. It took 14 men 21 days to thresh their grain in 1912. The three cooks used a whole carcass of beef to keep the crew well fed. It took one woman just to do the multiple bread baking!

In moving the threshing outfit, the engine and separator were transported with horses or oxen. In one particularly swampy area, it took 8 oxen to pull the outfit out of the mire, and Simon was both amazed and relieved to witness that the French teamsters knew how to deliver the vocal blasts that would make the animals understand they should become mobile in unison!

Although progress was slow, it was steady. In 1917, Simon was able to purchase a Model T Ford for pleasure, now enabling him to pursue his favorite sport of fishing, and in winter, he would hunt coyotes. On occasions, he has been able to kill two animals with one bullet. When swapping this story with a good friend and neighbor, his friend promptly related shooting a coyote through the head when the animal was running away. When asked to explain this, with a twinkle, he remarked, "the bullet entered the



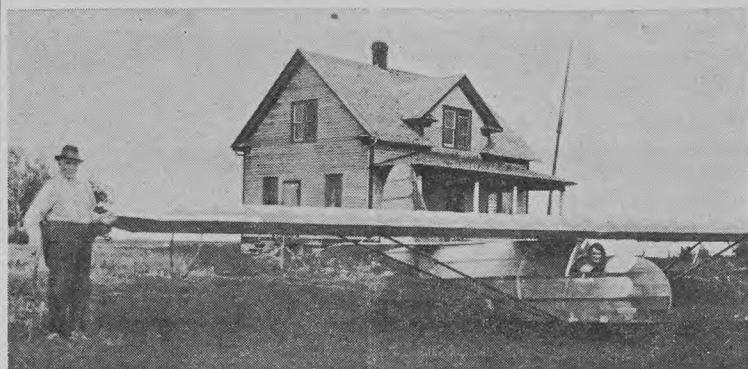
The Titan Engine and Aultman Separator that was bogged down in Solbak's slough. The ladies are Mrs. Solbak and her helpers. The men with Simon are the French teamsters.

rear and came out of the head!"

The steady progress of this Viking family can be attributed to the do-it-yourself plan. When Simon had a tooth-ache, he was his own dentist. If a molar needed extraction, he performed the feat himself with a pair of pliers, and no anaesthetic. The only time he has been known to step inside a doctor's office was to ask for a little assistance in setting the bone of a broken finger. Here again, he refused sedations, for he wanted to watch the performance of bone setting.

of 20 pilots taking glider flying lessons in Amisk.

Howard would like to warn all prospective airplane builders that one must keep calm and be courteous when he hears from various sources that he is "stupid," "idiotic" or "crazy". The questions asked most frequently were: "Will it fly?" "What are you going to do with it?" VOLTAIRE once wrote: "A man who says he has no troubles, is either a liar or an idiot!" Howard admits he had plenty of troubles!



Machine built by Lindgren brothers and Howard Solbak, named JSL 80.

In the 1930's, son Howard purchased a do-it-yourself kit for building an airplane. Parts came from Pennsylvania, U.S.A., and the blue prints from Wisconsin. Howard devoted 5 hours a day to build this plane, and in 5 months at a cost of \$2,000.00 his Corban Baby Ace was ready for flight. His enthusiasm for flying was sparked by being a "Lindberg fan", and by cruising in Lindgren's gliders at an altitude of 300 feet. He was one

The homestead that harbored the tiny dug-out in the hillside in 1906, is completely modern today, however, one relic of the past still remains. It is the little brown "privvy" at the back. It is in this area that one will find the grandchildren busily examining other relics of the past. Souvenirs with precious memories are the ox yokes, ox shoes and hand scythes.



All Scandinavian School Class: From left to right are Mr. Kryderman (teacher) Tilda and Anna Wallsten, Alma Johnson, Ruth Carbol, Julia Johnson, Clara Carbol, Hiram Lindgren, Lars Noren, Otto Johnson, Albert Lindgren, Wilfred Carbol, Chris Rud, Oliver and Alfred Carbol, Axel and Peter Rud, Ed and Carl Noren.

ICELANDIC GUESTS HONORED



PALINA GUDMUNDSDOTTIR



SIGURDUR SIGURGEIRSSON

A coffee party was held at the home of Mr. and Mrs. A. W. Mitchell, 12312 Grandview Drive on August 12th in honour of Mr. and Mrs. Sigurdur Sigurgeirsson from Reykjavik, Iceland.

Twenty people from the Edmonton Icelandic Society gathered to see slides and hear news of Iceland. Mr. Sigurgeirsson spoke to the group giving an outline of Iceland's economic progress, which has been outstanding for a country of 200,000 people, half the population of Edmonton. Fishing is the main industry and fishermen now have to travel two and three days north to reach the fishing grounds. Their sales of stock fish to Africa have been cut drastically because of the strife and war there. The standard of living in Iceland is one of the highest in the world and it is the most evenly distributed.

He was surprised and pleased that so many of the people he met in Western Canada were able to speak Icelandic. In Iceland, he said, the language is purer today than it was ten years ago. There is a daily program on the radio to advise people

of the correct words to use and which slang words to eliminate.

Sigurdur Sigurgeirsson was born at Isafjord, Iceland and is a graduate of Mentaskoli, Reykjavik. They have six children, three boys and three girls.

Mr. Sigurgeirsson is the manager of the Fisheries Bank Savings Department. He is a member of Karlakor, Icelandic Male Voice Choir, and toured Canada and the U.S. with that group in 1946. He is also president of the Patriotic Society and has done much in assisting visitors to Iceland from this country. He was invited to Canada to attend the Icelandic Festival of Manitoba. The Icelandic Festival Committee is sponsoring the trip for him and his wife, Palina.

After attending the Festival at Gimli, they visited Winnipeg. Before returning to Iceland they will go to Calgary, Vancouver, Seattle, San Francisco and Los Angeles.

Mr. Albert Arnason, president of the Icelandic Society of Edmonton, presented the guests with the book "Alberta A Natural History" as a memento of their sojourn to Edmonton.

ON BOOKS and articles

American Scandinavian Bibliography for 1967 — James L. Larson, editor. — An annotated list of books, articles, and reviews dealing with the Scandinavian languages and literatures which appeared in USA and Canada during 1967. The list also includes scholarly works on Scandinavian subjects Americans have had published abroad, as well as American translations from the Scandinavian. (27 pp.) May 1968 issue of the quarterly Scandinavian Studies, Journal of the Society for the Advancement of Scandinavian Study, c/o Mr. Thomas E. Buckman, University of Kansas, Lawrence, Kansas 66044 (Subscription \$6 a year. Single copy \$1.50).

Grandfather didn't like asparagus in any shape or form. One day the family was all gathered at my grandparent's home. None of us said anything about the bowl of asparagus sitting before Grandfather's plate. To our amazement we watched him take a big helping of this vegetable and then begin to eat it. When he finished, my uncle said,

Watch That Sneeze!

A sneeze spreads cold particles up to 20 feet and a cough broadcasts them to 12 feet.

LAND OF FINLAND

Many visitors to Finland have at relatively low cost. Finnish rail and air transport tariffs are among the cheapest in Europe.

A visit usually starts in the coastal region of the south, where the most important centres, economic and cultural, are concentrated. The Aland Islands attract thousands of holiday-makers every summer and the hotels welcome them all. These islands are still living on the riches of their sailing fleet, which rides the seas unscarred in the memory of all lovers of nautical adventure.

There is a ferry route across the Turku Islands, where Turku, the oldest town in Finland, is a remarkable witness to the history of Scandinavia, with its 13th century castle and beautiful cathedral.

It is, for example, bigger than Italy. The tourist also falls under the spell of really unspoiled nature. This is the land where the last great wildernesses in Europe can be found.

On the other hand, a visitor will also discover a modern country which, in the field of architecture, for example, is of top international class.

It is a meeting place of East and West, and though the country is thoroughly western, there are still some traces of a quite "different" exoticism.

CHEAP TRAVEL
Despite the considerable distances often involved, it is very easy to visit Finland's many provinces and

FORTRESS

The capital of the country, Helsinki, was founded later, in 1550, and did not begin to expand until the beginning of the nineteenth century. Today Helsinki has over 500,000 inhabitants and its appearance is modern to the extreme.

At the mouth of the harbor stands Suomenlinna, a fortified bastion dating from the eighteenth century and in its day the strongest in Europe after Gibraltar.

Today the fortress has been turned into a museum, and in the bastion itself there is a popular tourist restaurant.

Helsinki is the centre for various cultural events. The theatre season stretches from the beginning of September to the end of May, and

includes various ballet, opera and theatre performances.

LAKE ROUTES

The great tourist regions of Finland are the lake district on the one hand and Lapland on the other. The nearest lake district, quite near Helsinki, begins at Hamenlinna, not far from the Aulanko Tourist Centre.

Modern motorboats take travellers onwards along marvellous lake routes such as the Finnish Silver Line, which leads to the industrial city of Tampere, through pastoral and forest landscapes.

Tampere, despite its many factories, is surrounded by crystal clear rivers and lakes.

Also near Helsinki is the "mushroom" town of Lahti, and here one can embark on a boat trip across immense and beautiful Lake Päijänne, which penetrates into the very heart of Finland and finally drops you in Jyväskylä.

SERENITY

To the east, numerous lake routes ply the Saima lake system. Small boats serve a multitude of islands and call in at the colorful little towns of Lappeenranta, Mikkeli, Savonlinna, Kuopio and Joensuu.

In the north the great "chosen land" for tourists is Lapland with its awe-inspiring serenity, vast forests, great expanses of wilderness, sinuous, rounded slopes of the "tunturi", fast-flowing rivers, roaring rapids, pretty country inns — and few inhabitants.

Heightening the colors of this region, are the herds of reindeer, and above all, the costumes of their Lapp owners. And then, dominating it all, two months of perpetual sun.

WHAT'S NEW?

If you are one of those simple souls who think that the world is getting far too complicated — don't relax, You're right.

Every man in every way of science and technology is thinking up new gimmicks. Some of them make George Orwell's 1984 look as old-fashioned as Tom Swift's flying machine.

The Financial Post runs a column entitled What's New. The most recent edition lists some of the treats that are in store for us.

For example there is a portable telephone that works out of a briefcase and which enables one to phone to practically anywhere. The next step would seem to be to make it possible for anyone to contact you no matter where you may be. So much for what is left of privacy.

Fishing — with the exception of deep-sea fishing for tuna, marlin, etc. — has never been looked upon as a particularly exhausting sport. But for those who find it so, there is now an automatic line caster which uses a spring to cast a line up to nearly 200 yards. No more skill needed; no more using the old arms. Just set the machine for the required distance, sit back and wait for the fish to bite.

And for those who crave comfort, there is an inflatable plastic arm chair that can support a person weighing up to 300 pounds. It is made of five separately filled inflated cushions, heat-sealed together and it comes in two-tone colors, printed patterns or clear plastic. The inflated chair moulds itself around the body evenly and naturally. (And presumably it should not be used in families where there are small boys with access to stick-pins.)

Most intriguing of all, however, is another inflatable device, "for women afraid to drive alone at night." It is a dummy that looks like a husky male companion. The lady driver inflates it (at a filling station, perhaps?) props it up on the seat beside her and drives off, safe as houses. When he is not needed, the air can be let out of the "silent partner" and he or what is left of him, can be stashed away in the glove compartment.

Any remarks from the so-called weaker sex about inflated egos and hot air are unnecessary and uncalled for.

(Free Press Weekly)

NOW YOU CAN SEE THE REAL SCANDINAVIA

Your typical tourist is the conscientious type. He devours guide books, plods through musty churches and shoots anything that moves him with the hair-trigger Pentax slung around his neck. And he comes home with a slight, nagging doubt; namely, did he see the real Slobbovia?

Now the the Scandinavians, those tireless innovators, have devised a new kind of tourism that assures each participant a wide-eyed look at the real Scandinavia. The name of the game is "lifeseeing", the rules are flexible and the ante is surprisingly low. For about \$700 (including round trip fare from Montreal to Helsinki by Scandinavian Airlines) a Canadian can now spend two weeks in Oslo (or Bergen), Stockholm, Helsinki and Copenhagen, seeing life on the inside in a way that normally would require special connections. The program is inexpensive because it's off-season — Oct. 1 to May 1 — and effective because this same period is the on-season for everything else in four countries that slow down appreciably when the summer sun shines.

MEAT QUALITY LIES IN GRADING

Graded meat is the consumer's guide to quality, the Canada agriculture department says in a preparation.

The department has established grades for beef, veal, lamb and mutton. Only meat inspected by the Federal government or the British Columbia meat inspections systems is government-graded.

Meat carcasses are graded on the following points:

- (1) The general shape of the carcass and the proportion of meat to bone.
- (2) The amount of fat covering and the distribution of fat through the lean. Top-quality meat will have a good covering of fat and, in the case of beef, will be well marbled with fat.
- (3) Color and character of fat and bone. Top-quality meat will have a smooth, even fat covering of uniform color characteristics of the particular meat. The age of the animal is indicated by the size and degree of hardening of the bones. Young animals have soft, reddish bones.
- (4) Texture and color of the lean meat.

GRADED IN CANADA

Beef is still the only meat which consumers can generally purchase by grade. All top-quality inspected beef is being graded and stamped in Canada.

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"My, my, do tell."

"Lived the week on a can of sardines."

"Tsk, tsk, how could you move around."

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The Wallsten Clan — Gust, George, Carl, Victor and Hulda (Mrs. Dan Tamney)



1902 — Dan Tamney and his homestead shack where he located in 1900. This is now part of the McCrae ranch at Hardisty.

City Surgeon Serves On Hospital Ship

Dr. C. M. Couves, an associate professor of surgery at the University Hospital, is serving for two months aboard the hospital ship S S Hope.

His voluntary tour of duty extends from Aug. 15 to Oct. 15 aboard the ship in Colombo, Ceylon.

Dr. Couves, of 12316 Grandview Dr., is a specialist in thoracic and cardiovascular surgery.

The Hope has a staff of 150 physicians, dentists, nurses and other personnel. The ship will be in Ceylon until January.

NEW DEFINITION OF DEATH

LONDON: Medical experts in Britain have drafted a new definition of death to guide heart transplant surgeons.

Death occurs when: A patient's heart stops beating for more than 15 minutes; Spontaneous breathing doesn't occur in two successive periods of five minutes after stopping artificial respiration; More than one machine for recording brain signals shows no response for five minutes.

Hammerskjold College To Open

WASHINGTON — Suburban Columbia, Md., has been picked as the site of Dag Hammarskjold College, a new "polycultural institution" for 1400 foreign and American students. Dr. Robert L. McCan, previously an administrator with the United States Office of Education, will head the college; its initial backer is Columbia developer James W. Rouse. The school is envisioned as a four-year liberal arts college for "open, flexible and mature young people concerned with social issues."

"KEYS" TO SWEDEN

The traditional "keys" to Sweden, strategic points such as Kalmar, now willingly unlock their remarkable treasures to a new breed of invaders, the tourists.

Kalmar has been considered the key to Sweden since the 11th century, when the first fortifications were erected, and naturally the city still reflects that role. However, it is surrounded by a late-developing hinterland whose affection for delicate glassware is in sharp contrast to the robust history of the city.

According to Scandinavian Airlines Canadian headquarters in Montreal, Kalmar is quite accessible to major Swedish cities by direct train (four hours from Malmo, five from Goteborg and about six from Stockholm). By air, it is only an hour from Malmo and less than two from Stockholm.

Best of all, Kalmar is only a stone's throw from the fascinating island of Oland. Ferries make the 25-minute trip to Oland as many as ninety times a day in summer and there will be a bridge to the island in 1972. The visitor who takes just the ferry ride will be amply rewarded; the adventurer who takes a bus to Borgholm, or drives there, will discover the many wonders of this splinter isle.

Kalmar Castle's 11th century appearance was changed many times until, in the 17th century, it assumed its present form. The majestic castle can be appreciated from afar — the best place to do this is

on the harbor end of the street which runs behind the central train station — but the solidity which attests to the value placed on the facility by military minds can be seen only by touring the castle and grounds.

The castle deserves all the affection it has received from Swedes and foreigners. From the entrance, where a 40-cent entrance fee is required, the visitor climbs the big stone steps into the presence of great chambers fitted much as they were when lords and their ladies held court. The present occupant, the county museum, is less pretentious, but the great fire-places, the ornate old furniture and the fine panelling have lost none of their grandeur.

There are some surprises, too, such as a room where prints of sailing ships are hung and the permanent emigrant exhibition. The exhibit has many relics of the period when shiploads of Swedes departed Smaland for America, including a desk where steamship tickets were issued, carpetbags in which clothing was carried, letters, books, Swedish-language American newspapers and even some Indian handicrafts. One of the best features are photographs of emigrants in their new environment.

Not far from this exhibit is the Castle's corner of color, the chapel. Swedes like to get married there; the visitor will find it interesting, too, because of wall decorations and

the design of altar and chandeliers, among other things.

Parkland and water surround the Castle. To reach the Castle from the city center, the visitor will pass through City Park, which possesses a large variety of well-marked plants; several attractive statues and monuments, including the Gustav Vasa monument which was moved from Steno point, and a summer restaurant of some repute.

Remnants of the city's early fortifications still stand in Kalmar. A walk in the harbor area from the Central train station will show some of these, as well as the slips for the Oland ferries, berths for ocean-going vessels and the city's tourist office.

Kalmar's main square, located several blocks from the waterfront, has considerable architectural interest — the Cathedral and the Guildhouse, both of which date from the latter half of the 17th century.

Kalmar promises a quick look at the fabulous glassworks region of Sweden since all trains to the city pass through Nybro, which is only 35 minutes away. Nybro has several glass manufacturers who offer guided tours. However, travelers with time would do well to invest some of it in other glassworks — at Orrefors, Boda, Alsterbro and Emaboda, to name a few.

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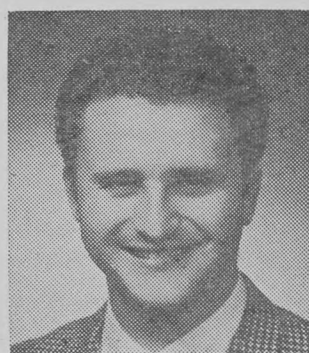
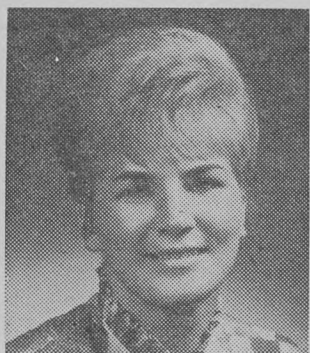
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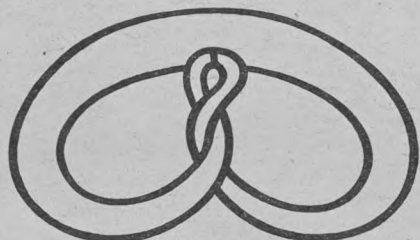
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ICELANDIC NEWSLETTER

Bill and Tody Halldarson always have lots of company during the summer holidays, this summer being no exception. They have had Mr. and Mrs. Oscar Sveinson from Vancouver, Jim Duncan and his family from Rivers, Manitoba, Gertie Egertson from Vancouver and Mrs. Chrissie Thorsteinson and her granddaughter Christie Dawn, from Lunder, Manitoba.

Mr. and Mrs. Bill Halldorson and Bonnie, also, Bob and Marie Hall-dorson and their children motored to Lunder, Manitoba to attend the wedding of Jim Thorsteinson and Judy Danielson. After returning, Bill, Tody and Bonnie holidayed further in Alberta and B.C. They visited Mr. and Mrs. Earl McKit-trick, Mrs. Halldorson's sister and brother-in-law at Lethbridge. Then they went to Castlegar, B.C. to visit Bill's brother John Hallodron. Mrs. Chrissie Thorsteinson and her granddaughter accompanied them on the western leg of their trip. Enroute home Mr. Halldorson stopped at Calgary to attend a convention.

Herb and Phyllis Vigfusson celebrated their 20th wedding anniversary at the Hofbrau Haus on August 10th. The celebration was put on as a surprise for them by friends and relatives.

Mr. and Mrs. Steini Jonsson had Mr. Charlie Watson of Stonewall, Manitoba visit them recently. Mr. Watson is Clara's uncle. He was in charge of the Whiteshell Fish Hatchery in Manitoba until his retirement.

Clara Jonsson was in hospital recently for an operation. She is recuperating very nicely.

Barney and Jean Thorlakson holidayed in Comox, B.C. and the B.C. interior.

Edmonton members of the Icelandic Society who took advantage of the flight to Iceland in June were Jo Couves and Pauline Mitchell, also life member, Mrs. Vigfusson of Selkirk, Man. By all reports it was a very enjoyable trip.

Miss Olive Goodman visited her niece in Vancouver, Mrs. Williams. Another nice Mrs. Kabar from Rockyville, Maryland was visiting in Vancouver and Olive accompanied

her on the flight back to Maryland and spent the remainder of her vacation there.

Mrs. Doreen Joachim, our Icelandic singer, has won an Alberta Government scholarship to study at Banff. Congratulations.

Mr. and Mrs. Lloyd Clegg and sons from Oak Point, Manitoba visited Mr. and Mrs. Thorvaldson during Klondike days. The Cleggs also visited relatives at Fairview, Alberta. Other guests in August included Mr. and Mrs. W. Tonn and family from Vancouver enroute to Winnipeg to visit Mrs. H. Thorvaldson.

Mr. and Mrs. Henry Sumarlidason teamed up with Mr. and Mrs. Valdi Jackson for a trip to the Icelandic Festival in Manitoba. While at the festival they attended a banquet in honor of the Sigurgeirson's at the Viking Motor Hotel at Gimli. Presentations were made to the guests and speakers welcomed them to the province. Before returning, Sumarlidason's and Jackson's toured the Icelandic districts in Manitoba.

Miss Jonina Summers, Henry Sumarlidason's sister, and Miss Pauline Russell from Whittier, California have made a circle tour of Western Canada. They stayed at the Chateau Lacombe hotel in Edmonton and while visiting they attended the coffee party for Sigurdur Sigurgeirsson and his wife, Palina.

Mr. Don Cameron was holidaying in Deep Creek with his brother-in-law O. V. Gislason when he took sick and had to go to the Athabasca Hospital. He was later transferred to the University Hospital in Edmonton. We wish him a speedy recovery.

Mrs. Dave McCartney from Winnipeg visited Edmonton at the home of her sister, Mrs. Thorey Hawes, and the Vigfusson brothers.

Mr. and Mrs. Cam Smith bought a new car and motored to Vancouver for a holiday.

Mrs. Shirley Thorvaldson and children Gary, Cindy and Carla spent a week with her parents in Lyleton, Manitoba.

LET'S HAVE A SAUNA

There are almost as many variants of the sauna as there are mutations of the mink. The only trouble is that mutated saunas are generally inferior to the genuine article. The Finns have been taking saunas for as many generations as you can fit into 2,000 years and a bit, and regard themselves with some justice as authorities on the subject. Not just theoretical experts, either. The December 1960 official census listed 578,000 saunas in Finland. This works out at one sauna per 7.7 inhabitants, with more people to a town sauna than a rural one. But event this is misleading, as the census ignored rural villa saunas. No one has yet survived an attempt to count all the lakes in Finland, but there are at least 100,000. There are always several saunas to a lake, so even a conservative estimate gives 300,000 or so summer villa saunas. Add to that the seashore saunas and the inevitable increase since December 1960, and one million will not be too far out. And

the total population is not expected to hit the 5 million mark until A.D. 2,000 or thereabouts. You'd like a sauna? But of course!

A lot of people seem to think that having a sauna is rather like going through the initiation ceremony of one of the more curious Amazon tribes. There may be a slight flavor of the ritualistic about it, true, but you should escape with a whole skin. The bathhouse itself is, you might say, a severely functional building. No frills or furbelows. However sleek the materials, the essence remains the same. A good sauna epitomizes the functional split-up we hear so much about nowadays, with its steam room, washing room and dressing room.

Leave clothes, watch and worries in the dressing room. The steam room itself is of unpainted wood, with the kias, the hot stones, in a brick or iron casing. Bring in some water from the washing room, or there may be a tub of it in the steam room. It's a good idea first

to sluice down with cold water the step you propose sitting on. And don't forget that heat rises, so if you sit upright on the top step, your head will be in the hot spot. Experts say the best sauna temperature is 80-110°C, but this is the business of the sauna heater. A thermometer is more useful than necessary. For more heat you open the kias door, for less, close it. If you want a humid sauna, throw water on the kias stones (only water, please — none of those gay tricks with beer or wine). Blow on your skin; if it doesn't burn, the air is right. Many people like to use the vihta, the whisk, made of young birch twigs. Even in winter, a deep-frozen or dried vihta brings back the scent of the young summer. When you've had enough löyly, sauna steam, cool off — leap into the lake, under a shower, or just into the dressing-room. Leap? Well, maybe. Your heart will be working harder in the sauna, to supply the skin's higher blood demand. If you are reasonably healthy and haven't been silly enough to have a monster meal just beforehand, there's no need to be alarmed. As soon as you cool off, everything goes back to normal. Now, more löyly, or a wash. A good scrub down with hardish soap and brush or loofah leaves you feeling cleaner than you thought possible. Sauna night tends to be shampoo night — there's no point in taking your expensive coiffure into the steam room, so why not make a thorough job of it? Once clean and scrubbed, just relax. The fellowship-feeling with every boiled lobster vanishes in the hair-follicle-to-toenail-tip glow of well-being. Make sure the sauna is perfectly clean, and give it a chance to dry out.

In the old days, the sauna was the delivery ward of the house — the cleanest, warmest, most suitable place for producing more Finns to enjoy more saunas. It's unlikely to be much in demand for this nowadays, but a surprising number of aches and pains simply vanish after sauna, especially any muscle fatigue or tension twitches. All you want to do in a sauna is relax. No fuss, and certainly none of the orgies described by (foreign) writers. Ever tried being orgiastic at 100°C? Relax, relax. But if your Finnish business rival invites you to a sauna, watch it! There's no need for third degree methods in Finnish politics and business. Take your man to a sauna. It's virtually impossible to remain snooty when clad in nothing but your pelt, and as the soothing steam rises, stiff necks unbend and hostilities begin to look pretty silly. This is real hospitality, and if it happens to have good side-effects, why not?

After sauna, food and drink. Most people find that beer and something salty, such as fish or sauna sausages, are just what they need. Hard spirits rarely taste good after sauna, nor do elaborately prepared dishes. Perhaps that veneer of sophistication has been sweated away, and all that is left is the rational animal who knows when he is contented. Give yourself a chance: find out how nice you really are. Let's have a sauna.

—Scandinavian Times.

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I am a member in good standing of the Scandinavian Centre Co-operative Association Ltd. Yes ☐ No ☐

Date: Signature:

DANIA DOINGS



September 20th will be our first dance of the season and we hope to see you all come out for this event. It will be a Hardtime Dance, which means you will come in your old clothes and if you are dressed up at all, you will have to pay a fine for the different things worn. For instance, if you have a white shirt on, you pay a fine; polished shoes, you will pay a fine and so on. There will be prizes, spot dances and a good time for all. Get your friends together and come. The tickets at the door will be \$2.00 per person, including Chuckwagon Lunch. Remember the date — Friday, September 20th.

“BIKUBEN” will meet Monday, September 16th, please come the time is getting short for our Bazaar in October.

Buy your tickets now for DANIA Football Club Award Night on October 19th for a real good Danish Meal. Tickets are \$4.00 per person from any members or phone Tage Aquist 479-5597 or to 439-0506.



Best wishes to Mr. and Mrs. R. Vesaniemi who moved into their new home recently.

Mr. and Mrs. L. Vesalainen spent their holidays at the west coast visiting relatives and friends in Vancouver.

Remember to come to our opening dance on September 28th, at the Scandinavian Centre, Nordic room, starting at 8:00 p.m. There will be a good orchestra and refreshments available.

Bon voyage to Mrs. T. Petrala who left for Finland recently.

A speedy recovery to Lyyli Jarvi who was in hospital.

Welcome home to Mr. and Mrs. J. Joljart and to Mr. and Mrs. L. Vagovics who are returning from holidays in Europe.

Mr. and Mrs. V. Ristola reported having a wonderful holiday in the east — mainly in Toronto and Sault St. Marie.

NEWS FROM THE DANISH CHURCH

As you can see in our advertisement the services in September will be held by visiting pastors. Rev. Staal Nielsen is well known by most in our congregation. He is pastor at the Danish Church in Calgary, also under DKU (Danish Church Abroad). Rev. Leon Linquist is Swedish and the pastor at Augustana Lutheran Church. Rev. Linquist is a good friend of our congregation and has earlier helped the congregation when it was without a minister. He will help if there should be any weddings or burials during Pastor Filtenborg's trip to

Rev. Ove Pedersen is of Danish Denmark. His phone No. is 422-5841 (office) or 454-9979 (at home). origin. He was born in Denmark and came as a child with his parents to the Danish settlement, New Denmark, in New Brunswick. For six years he was a pastor in Red Deer and is now in Armena. Before he became a minister he attended the Danish church in Edmonton. Pastor Filtenborg will be back from Denmark on the first Sunday in October.

Meetings in September: Ansgar Men's Club September 3; Ladies' Aid September 4; Board Meeting September 11; Young Women's Club September 25.

Swedes Donate Viet Hospital

STOCKHOLM (Reuters) — The Swedish government announced it will finance the construction of a hospital in North Vietnam. About \$1,900,000 would be placed at the disposal of the International Red Cross — half for the hospital and half for medical aid.

Wood kept continuously wet or dry will not rot.

NO SMOKING!

Since a pesticide can be carried from hand to mouth by cigarettes, it is not safe to smoke while using pesticides. After using a pesticide, face and hands should be washed with soap and water before smoking, eating or drinking.

The Government has decided that the privilege enjoyed by Swedish and Danish fishermen since 1961 to operate inside the Norwegian 12-mile limit is to cease not later than Oct. 31, 1970, in waters West and North of Lindesnes.

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Dad — “Son, I’m spanking you because I love you.”
Son — “I’d sure like to be big enough to return your love.”

“Ronny, didn’t your conscience tell you not to do that?”
“Yes, mummy, but you said I must not believe all I hear.”

There was an earthquake recently which frightened inhabitants of a certain town. One couple sent their little boy to stay with an uncle in another district, explaining the reason for the nephew’s sudden visit. A day or two later the parents received this telegram:
“Am returning your boy. Send the earthquake.”

“How is your little brother, Johnny?”
“Sick in bed. He hurt himself.”
“That’s too bad. How did he do it?”
“We were playing who could lean furthest out the window, and he won.”

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Artificial Sweetener May Cause Liver Damage

An artificial sweetener, contained in most low-calorie food-stuffs sold in Edmonton, has come under critical review in Europe as a danger to health.

The findings are that even in small doses of cyclamate can cause serious damage to the liver, among other things.

Mr. and Mrs. Fat Guy, Mr. and Mrs. Diabetic may be doing themselves a lot more harm than good nibbling their low-calorie biscuits or guzzling their sugar-free soft drinks.

They are endangering their health — if a team of Austrian doctors and researchers knows what it's talking about.

At the European Common Market Commission meeting in Brussels last week, "an urgent warning" on the team's report was demanded. And in Britain, questions have been asked in the House of Commons.

You don't have to go farther than your nearest grocery store shelf to find the offender.

It's there in low-calorie drinks, jams, spreads, condiments, biscuits and cookies, tinned fruits, diet plan liquids — almost anything low-calorie or sugar-free.

Managers of leading Edmonton food departments expressed keen interest in the European report. Sampling of their shelves, with their help, failed to reveal cyclamate content other than in the dietetic departments. But in these low-calorie corners, it was hard to find an item which did not bear in its small print, under "Ingredients", a notation "... Calcium Cyclamate."

If it's any consolation to Canadians, they've been and are being advised — whether they realize it or not.

A European report states: "It is not possible to estimate the extent to which cyclamates are used because manufacturers are not required to state on food-stuff labels if they contain these sweeteners."

In Canada, manufacturers and importers are required to do so under the federal Food and Drug Act.

The act specifies that a food containing saccharine, cyclohexylsulphamic acid (cyclamate) or their salts "shall carry on the label a statement to the effect that it contains (name of the synthetic sweetener), a non-nutritive sweetener."

Notations in the act's regulations give examples of cases where the use of cyclamate (within the limits of the act) is considered "good manufacturing practice."

These mention the use in ice cream cones and biscuits wafers to reduce carbonization and use in dietetic foods.

Examination of ice cream cones in Edmonton department stores Friday failed to indicate use of cyclamate.

Cyclamates are 30 times as sweet as sugar, calorie-free and without the after-taste attributed to saccharines.

The Austrian research team is reported to have "hinted" that their use could have effects similar to those attributed to the drug thalidomide.

The team did report that persons with heart, circulatory and liver complaints "appear to be particularly endangered by the uncontrolled use of cyclamate."

An official of the Edmonton office of the food and drugs directorate of the Federal Department of National Health and Welfare said Friday no communication concerning the sweetener has been received from Ottawa recently.



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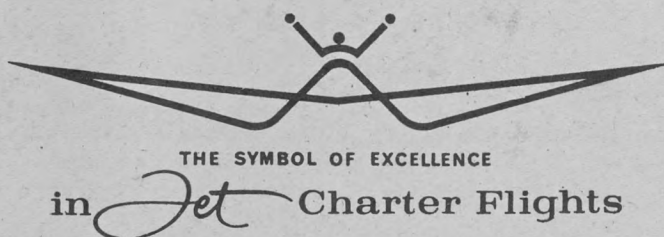
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come home and hope they had a very enjoyable
time in Europe.



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Scandinavian Centre, Nordic Room, 14220 - 125 Ave.

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HARDTIME DANCE

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Scandinavian Centre, Viking Room

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Sunday Sept. 8, 8 p.m. English Service by Rev. Linquist

Sunday Sept. 15, 8 p.m. Danish Service by Rev. Staal Nielsen

Sunday Sept. 22, 8 p.m. English Service by Rev. Ove Pedersen

Sunday Sept. 29, 8 p.m. Danish Service by Rev. Staal Nielsen



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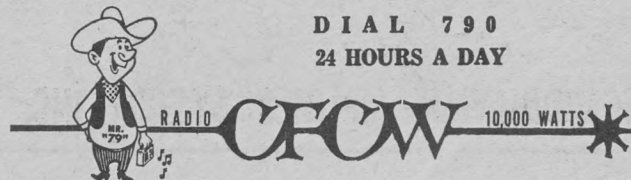
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